



Scene A:

Setting: Radio Station _____ (call letters); present date and time

Characters: Two disc jockeys, talking during a break between songs.

Sam: “Welcome back! That was the _____ (music group), playing their latest hit _____ (song title). Aren’t they wonderful!”

Bob: “Yes, they sure are. Hey, Sam, do you want to know what else is wonderful?”

Sam: “Please tell me: What is wonderful, Bob?”

Bob: “How much weight I’m losing on my new diet. In the past, I was let down by fad diets and impossible exercise regimens. Now, life is great, and I can see my shoes again.”

Sam: “I can believe it. I haven’t seen you this frisky in years. At the last promotional concert, you were actually out dancing! How are you feeling?”

Bob: “I’m feeling better than I have felt since I was a teenager. I have so much energy, and I am just *loving* life!”

Sam: “Now, all of you listeners know that I have also been struggling for years to lose weight. So, tell us please, Bob, what is your secret? How are you dropping pounds, feeling fabulous, and getting so much energy?”

Bob: “The secret is a special diet that my friend Margaret at the QuickFit Center recommended for me. I take two special QuickFit-brand pills each morning and two more after dinner. I eat a sensible diet. And every day I get out my house, take a walk around the neighborhood, and enjoy life. It is that simple.”

Sam: “Wow! That is simple! And have you had any problems with this plan?”

Bob: “No problems at all. You see, the diet center is so close to my house, I can pick up my pills in minutes.”

Sam: “But I don’t live close to your house, Bob. It would be a lot of work for me to pick up those pills.”

Bob: “But Sam, you don’t have to! In fact, you don’t ever need to visit the center. One of the benefits of the QuickFit system is that they can mail you the first month’s supply of pills and a copy of the diet and activity plan, as soon as you give them your credit card number. It is that easy!”

Sam: Doubtfully: “Are you sure?”

Bob: “I promise that you never even need to set foot in one of the centers.”

Sam: “Wow! I think I’ll give Margaret at the QuickFit Center a call today. What was her phone number, Bob?”

Bob: “Even the phone number is easy! It is 1-800-quickfit. That is 1-800-Q-U-I-C-K-F-I-T. The folks at the QuickFit Center are available 24 hours a day.”

Sam: “I’ll start today, and maybe I can look as good as you do by summer. Say, now... If you listeners want a chance to lose those unwanted pounds, feel better and look healthier, why don’t you join me at the QuickFit Center? In fact, I *challenge* you to join me. Start today, and make yourselves into happier people. It is simple, takes minutes to join, and if you follow the plan, you can look as good as Bob does by summertime.”

Bob: “Just in time for swimsuit season! Now, let’s leave the brightest of our listeners to dial their local QuickFit Center, and get back to the music. Who do we have up next on the playlist, Sam?”

Tuning
In

*Developed by: Denise Zimmer, RD, Eat Smart Be Smart Guide: Lesson Fifth—Tuning In.
Source: Nutrition Education for Texas (NETx).*

Eat Smart Be Smart

Design by K. Pullman RD, LN—2008